

***Healing Habits of the Mind:***  
***Integrative Tools to living a life of freedom and joy***

*Registration 8:30 a.m.*

*8:45 AM – 4:15 PM*

***Objectives:***

*Upon completion of this program, the participant will:*

- 1. Identify personal negative beliefs (often unconscious) which cause feelings of malaise, depression, anxiety, health problems, drained energy and unhappiness.*
- 2. Understand the “Monkey Mind” syndrome which comes from stress. Learn powerful tools to neutralize and quiet this negative energy, using deep relaxation and bi-lateral soothing of the brain.*
- 3. Learn and practice “healthy boundaries” for all those in the care-giving professions.*
- 4. Learn and practice deep healing techniques to live a life without obsessive thoughts or negative feelings, enjoying creative thinking and life-giving feelings.*

***Instructor:*** Kathryn Kelley, M.A., NCC, LCPC, Certified EMDR Therapist

***Target Audience:*** All Health Care Professionals

***Fee:*** \$100.00

### **Course Highlights:**

*This course is designed to help individuals in the health care professions who suffer from stress-related anxiety, depression, despair, and/or feelings of low self-worth.*

*This course interweaves the most advanced psychotherapeutic techniques available today to relieve harmful negative beliefs and the upsetting thoughts and feelings that accompany those beliefs. Included in these techniques are: cognitive-behavioral, EMDR, inner resource development, deep relaxation meditation, and energy movement. Each participant will be guided through understanding of the negative belief systems which cause unhappiness and malaise. Then, with the help of guided imagery, relaxation techniques and bi-lateral movement of sound and self-comforting methods, the participant will learn how to replace these unwanted negative beliefs with life-giving and healthy beliefs. This process enables individuals to feel calmer and emotionally empowered to make healthy choices in everyday life decisions.*

### **About the Instructor:**

*Kathryn A. Kelley, M.A., NCC, LCPC is a Nationally Certified Counselor and Certified EMDR therapist. Kathryn combines her counseling practice with the arts of motivational coaching. Kathryn carefully and powerfully interweaves traditional therapy techniques with EMDR, and Eastern meditative techniques for the treatment of post-traumatic stress and somatic conditions. This highly effective approach is beneficial in enhancing performance abilities of athletes, artists, community leaders and others who are motivated to reach goals beyond their present competency. Kathryn is founder of the Kelley Institute of Integrative Therapy, located in Helena, Montana.*

### **About the Kelley Institute of Integrative Therapy, Helena, Montana:**

*The Kelley Institute of Integrative Therapy is a collaboration of professionals who passionately believe, based on years of practice and experience, that deep and profound healing is possible to transform the individual to higher levels of consciousness and development. We believe when individuals achieve higher levels of consciousness, the culture, society and community are made better as a result. We offer powerful and complementary healing techniques to realize the most effective benefits for those wishing to live happy, healthy and productive lives. The **Healing the Habits of the Mind** is a series of deep relaxation CD's carefully designed to heal anxiety, feelings of low self-esteem or difficulties with food. More information is available at: [www.kelleyinstitute.com](http://www.kelleyinstitute.com)*

***Healing the Habits of the Mind***  
***Integrative Tools to live a life of freedom and Joy***  
***Kelley Institute of Integrative Therapy***

***Morning:***

*Introductions*

*Discussion of stress-related problems in the health care professions*

*What stress REALLY is and where it comes from*

*Identifying stress feelings in the body (somatic awareness)*

*What have you done in the past to cope with stress*

*Can you make a decision NOT to let stress dominate your life?*

*15 minute break*

*Training the brain to create new pathways through:*

*Breath work and body movement*

*Lunch (one hour)*

***Afternoon:***

*Developing Inner Resources*

*Using powerful tools to neutralize and quiet negative energy, using deep relaxation and bi-lateral soothing of the brain.*

*Practice: Experiential work, incorporating techniques into your everyday work with patients, clients and family.*

*15 minute break*

*Open discussion, questions and concluding remarks*

*Evaluations*